

President: Philippe Mura *general practitioner*

ASSOCIATION MIEUX PRESCRIRE

"To work, in all independence, in favour of quality healthcare, in the interest of patients, through the dissemination of knowledge and the continuing education of healthcare professionals (...)" (Article 1 of the Association Mieux Prescrire bylaws).

Prescrire International is a bimonthly journal of selected texts translated from the French journal *Prescrire*.

Prescrire is published monthly by Association Mieux Prescrire, a non-profit continuing education organisation (N° 11 711 075) under the French law of 1901. Its board members are: **Philippe Mura (President); Pierre Chirac (Vice President); Hubert Ghestem (Treasurer); Antoine Grandvillain (Deputy Treasurer); Jacques Juillard (General Secretary); Maryline Dufils (Deputy General Secretary).**

Executive Committee: Abdelhakim Berrah; Jérôme Robert; Bruno Toussaint

Executive Assistant: Florence Vandeveld

Executive Secretary: Martine Divet

Development: Fabrice Maillly assisted by Nolwenn Clec'h, Bernardin Dilou and Mélody Royère; Houria Farhi (Algeria)

Human Resources: Valentine de Belleroche

Accounts: Tanguy Goblet assisted by Martine Kowanski
Administration, Reception, Mail Room: Jean-Pierre Bargin, with Françoise Amani, Séverine Bégnès, Thierry Tsonga, Astou Badji and Gérald Pierre

Circulation: Christine Barraud

Subscriber Services: Corinne Kramer assisted by Stéphanie Traca and Aleksandra Debon

Subscriber Relations: Annie Péresse, Cécile Poilpré, assisted by Hélène Declerck

Information Technology: Xavier Martin-Legeay, with Bilog, Iago, SamuInformatique

Copyright Prescrire

Registered address: 83, bd Voltaire 75011 Paris France
Tel.: (33)(0)1 49 23 72 80 - Fax : (33)(0)1 48 07 87 32

E-mail: contact@prescrire.org

Postal address: Prescrire - 83, bd Voltaire
75558 PARIS CEDEX 11 - FRANCE

All rights reserved. Contents may not be reproduced, except by individual subscribers for limited distribution, in small quantities, for solely non-commercial purposes.

All other uses: permission must be obtained in writing from the publisher.

DESIGN

Art Director: Martine Talent

LAYOUT: Nathalie Froment assisted by Véronique Beauzel, Catherine Marriette, Sandrine Mourthé, Sandrine Praud and Geneviève Lamagdelaine

Multimedia layout: Catherine Marriette

Printing: Les Ateliers réunis - France

CONTINUING EDUCATION PROGRAMMES

Manager: Philippe Schilliger • **Logistics:** Aleksandra Debon; Huynh Dieu Nguyen; Cécile Gai; Patricia Médioni • **Instructors:** Christian Boret; Frédéric Digonnet; Marie-France Gonzalez; Jacques Juillard; Odile Martinet; Hélène Merlin; Étienne Schmitt; Maryse Véron • **Quality control:** Hélène Merlin • **Evaluation:** Michel Coletti; Dominique Broclain; Florence Vandeveld • **Project Advisor:** Pierre Atlan



Prescrire is a founder and member of ISDB, a network of independent drug bulletins which aims to promote international exchange of quality information on drugs and therapeutics.
Website: <http://isdbweb.org>

EDITORIAL STAFF

Members of the Prescrire Editorial Staff sign a yearly declaration of absence of conflicts of interest, in accordance with Prescrire's "Non merci..." Charter. Members are free from any interest contrary to Association Mieux Prescrire's objectives (the Charter and the Declaration are available online at www.prescrire.org).

Publishing reliable reviews that are easy to use and adapted to readers' needs depends upon complex editorial procedures, all initiated and overseen by the members of Prescrire's Editorial Staff. They define editorial goals. They oversee documentary

research, the writing and rewriting of texts, and review by a panel of outside experts (medical specialists, methodologists, representatives of Prescrire's subscriber base...). They organise internal and external quality control procedures, and edit the final copy. Every draft is submitted, before publication, to a large number of outside reviewers.

Details on how Prescrire's content is produced are available online at the Prescrire in English website (www.english.prescrire.org); see the "About Prescrire" section, "How we work".

PRESCRIRE INTERNATIONAL

Managing Editor: Christophe Kopp *general practitioner*

Coordinating Editor: Christine Badiane

Sub Editor: Karen Albrecht

Translators: David Young, Helen Genevier, Ros Schwartz

Consultants: Judith Mintzes, Andrea Tarr

Subscription department: Corinne Kramer

PRESCRIRE

Editorial Director: Bruno Toussaint MD with José Aguilar MD, Philippe Mura *general practitioner*, Philippe Schilliger MD

Section Editors:

• **Brain-teaser:** José Aguilar MD • **New products:**

Séverine Carré-Pétraud *pharmacist*; Sébastien Hardy *pharmacist*; Gilles Mignot *pharmacologist* • **Adverse effects:** Élisabeth Veyriac *pharmacologist* • **Reviews:** Marc

Legrelle *diabetologist*; Jean-Pierre Noiry *general practitioner*;

Jérôme Schlafer *general practitioner* • **Key messages:** Philippe Mura *general practitioner* and Céline Martin

pharmacist • **Information to Patients:** Jean Doubovitzky

general practitioner • **Health and society:** Pierre Chirac

pharmacist; Bénédicte Connault MD • **Book review:** Jacques Juillard MD • **Guideline watch:** Jean-Pierre

Noiry *general practitioner* • **Reader's test:** Christian

Bouret *general practitioner* • **Take it easy:** Christophe

Kopp *general practitioner* • **Deciphering medical articles:** Marc

Legrelle *diabetes specialist* • **Forum:** Odile Burrus

nurse • **Questions/Answers:** Jeanne Maritoux *pharmacist*

• **Prescrire electronic media:** Hélène Merlin *pharmacist*

Information search:

• **Companies and agencies:** Olivier Huyghe *pharmacist* assisted by Anne Americh *pharmacist*, Sophie Ginolhac

pharmacist, Laurence Le Quang Trieu *pharmacist*, Cécile

Loubeyre-Unique *pharmacist*, Samia Nabi *pharmacist* assisted by Julie Gouzil • **Literature search:** Marine

Barillot, Dominique Broclain, Cécile Loubeyre-Unique, Minata

Traoré; assisted by Julie Gouzil, Nathalie Hayes, Hortense

Sanon

Production Editor: Christine Badiane

Senior Editors: Catherine Alexandre MD; Anne Americh

pharmacist; Isabelle Breton MD; Clarisse Briand

health economist; Dominique Broclain MD-*sociologist*; Jean

Bruneton *pharmacognosy specialist*; Catherine Dumont

paediatrician; Aldo Fari *biologist*; Béatrice Guyard-Boileau

gynaecologist-obstetrician; Olivier Huyghe *pharmacist*; Lau-

rence Le Quang Trieu *pharmacist*; Céline Martin *pharmacist*; Marie-Anne Mengot *journalist*; Chantal Oliéric *pharmacist*; Étienne Schmitt *pharmacist*

Junior Editors: Laurence Aïmard *civil engineer*; Marie

Babin *biologist*; Abdelhakim Berrah *economist*; Éric Cer-

queira *pharmacist*; Florence Chapelle *pharmacist*; Nina

Degrell *pharmacist*; Houria Farhi MD; Nathalie François-

Moliner *paediatrics*; Pierre Frouard *general practitioner*;

Hubert Ghestem *pharmacist*; Sophie Ginolhac *pharmacist*;

Marie-France Gonzalez *pharmacist*; Antoine Grandvillain

pharmacist; Dörte Gunther *geriatrician*; Fabienne

Jourdan *emergency care*; Cécile Loubeyre-Unique *pharma-*

gist; Nadjat Loumi *pharmacologist*; Odile Martinet *geriatrician*;

Denis Millies-Lacroix *general practitioner*; Évelyne

Mouret *pharmacist*; Clotilde Nanga *pharmacist*; Angelina

Nguyen-Tramond MD; Ann Païente *general practitioner*;

Sophie Pilon *pharmacist*; Cécile Poilpré *pharmacist*; Élisabeth

Rivollier *general practitioner*; Céline Roussel *pharma-*

gist; Bernard Rueff MD; Bernard Topuz MD; Florence Van-

develde *pharmacist*; Maryse Véron *nurse*.

Art and Photo Editor: Olivier Huyghe

Illustrations: José David; Léa Lord; Alain Savino

Packaging working group: Olivier Huyghe and

Samia Nabi

Indexing: Marie Babin; Hélène Merlin with Mélanie

Hardy and Sandrine Parmentier

Projects: Mireille Didier; Samia Nabi; Didier Rod;

Marianne Samuelson

Quality control: Philippe Adrien; Catherine Alexandre;

Marie Babin; Odile Burrus; Sophie Ginolhac; Mélanie

Hardy; Jeanne Maritoux; Hélène Merlin; Laure Misrahi;

Catherine Monteiro; Evelyne Mouret; Sophie Pilon; Cé-

line Roussel

Proofreading: Marie-Paule Baron; Jeanne Maritoux; De-

nis Millies-Lacroix; Evelyne Mouret; Annie Péresse; Cé-

line Roussel

Reviewers' panels: Laure Misrahi

For Belgium and Switzerland: Cécile Poilpré with Ma-

rie-Louise Bouffloux, Dominique Leyh (Agence fédérale

des médicaments et des produits de santé - département

Bon usage des médicaments), and Doris Ballinari, Martine

Ruggli (pharmaSuisse, Société suisse des pharmaciens)

Translations "Assessment Elsewhere": Marie-Andrée

Bernard, Marja Liisa Jérôme, Pierre Klotz, Karin Raton

Logistics: Christelle Sissokho and Hélène Declerck

Prescrire electronic media: Hélène Merlin with San-

drine Parmentier

Website: Philippe Schilliger with Karen Albrecht

REVIEW PANEL:

The following persons reviewed the

articles, which were first published in *Prescrire* then

translated for this issue of *Prescrire International*: Serge

Alfandari (infectious disease); Lionel Anxo (general practice);

Pierre Aubert (general practice); Jean-Michel Aubry (psychiatry);

Marie-José Augé-Caumont (community pharmacy); Jean-Jacques Aulas (psychiatry); Élisabeth

Autret-Leca (pharmacology); Guillaume Babin (medical student);

Clarisse Baumann (paediatrics); Laurence Baumann-Coblentz (general practice); Karine Bégnaud (pharmacy);

Patricia Berney (psychiatry - Switzerland); Marie-Noëlle

Beyens (pharmacovigilance); Michel Boiret (general practice);

Maurizio Bonati (pharmacology - Italy); Pascal Bonnabry (hospital pharmacy);

Laurence Bonnet (hospital pharmacy); Régis Bordet (pharmacology);

Christine Botte (general practice); Alain Bottero (psychiatry);

Philippe Boulu (neurology); Yves Bouzon (physiotherapy);

Serge Braun (gene therapy); Patrick Briant (psychiatry);

Pierre Brissot (internal practice); Jean-Philippe Camdesanche (neurology);

Alfonso Carvajal (pharmacology - Spain); Pascal Cathébras (internal practice);

Francine Caulin (calcium phosphate metabolism); Christophe

Cazard (general practice); Pierre Chevalier (Inami - Belgium);

Marc Chobert (general practice); Sylvain Choquet (haematology);

Philippe Colombat (haematology); Maurice Combes (general practice);

Philippe Convers (neurology); Marie-Pierre Cournot (public health);

Christine Damase-Michel (pharmacology); Suzanne Dat (gynaecology);

Jean-Marie Decazes (infectious disease); Philippe Deguiral (oncology);

Jean-Philippe Delsart (pharmacy); Claude Demange (hospital pharmacy);

Corinne Denis (community pharmacy); Vincent Descamps (dermatology);

Jean-Louis Devoize (neurology); Martine Dewitte (Inami - Belgium);

Michel Dib (neurology); Jean-François Doubrere (internal medicine);

Edith Dufay (hospital pharmacy); Emmanuel Dumont (cardiology);

Isabelle Durieu (internal medicine); Jean-Christophe Édé (general practice);

Christian Enjaume (paediatrics); Waly Fager (hospital pharmacy);

Joëlle Faucher-Grassin (hospital pharmacy); Bernard Favere (paediatrics);

Bertrand Favier (hospital pharmacy); Max Favier (gynaecology);

Pierre Fenaux (haematology); Alain Fischer (haematology);

Corinne Floch (paediatrics); Jean-Eudes Fontan (hospital pharmacy);

Jean-Yves Gabet (neurology); France Gacoïn (general practice);

Frédéric Galactéros (haematology); Jean-Marc Geniole (general practice);

Marc Gentili (anaes-

thesiology); Éric Gibert (rheumatology); Christine Gintz

(psychiatry); Bertrand Godeau (internal practice); André

Gorins (senology); Olivier Gout (neurology); Julien-Daniel

Guelfi (psychiatry); Christine Guilbaud (community pharmacy);

Bernard Guillot (dermatology); Gilbert Guiraud (rheumatology);

Monia Haddad (neurology - Tunisia); Françoise Haramburu

(pharmacology); Jean-Luc Harousseau (haematology);

Thierry Harvey (gynaecology-obstetrics); Jean-Daniël Hecq

(hospital pharmacy); Patrick Hohlfeld (gynaecology-obstetrics - Switzerland);

Constant Houssou (psychiatry); Francis Jacq (hospital pharmacy);

François Jacquier (general practice); Christian Jamin (gynaecology-obstetrics);

Pierre Klotz (internal medicine); Anne Lauwers (rheumatology);

Christian Layole (community pharmacy); Christine Léauté-Labreze

(dermatology); Jean-Pascal Leflaucher (physiology);

Stéphane Le Gratiet (pharmacy); Claude Lejeune (paediatrics);

Hervé Le Naour (cardiology); Jacques Lepercq (gynaecology);

Evelyne Le Roux (Vaincre la mucoviscidose); Joël Leroy (infectious disease);

Bénédicte Lewden-Bernadac (community pharmacy);

Philippe Longchamp (pain specialty); Olivier Mailard

(pharmacovigilance); Christian Marcelli (rheumatology);

Chantal Mauraige (paediatrics); Dominique Menard (neurology);

Christian Merlin (community pharmacy); Alexandre Merlo

(general practice); Jean-Louis Montastruc (pharmacology);

Didier Morère (community pharmacy); Didier Mrejin (rheumatology);

Yves Nouaille (pharmacovigilance); Jean-Michel Oriol (general practice);

Claude-Marie Paoli (paediatrics); Antonio Palumbo (haematology);

Jean-François Paqueriaud (general practice); Marie-Hélène

Patouraux (genetics); Pascal Paubel (hospital pharmacy);

Florence Peyron (hospital pharmacy); Alain Pinzani (cardiology);

Béatrice Place (community pharmacy); Claire Presne (nephrology);

Lydie Puget (hospital pharmacy); Robert Pujol (community pharmacy);

Alain Quesney (paediatrics); Jean-Yves Reginster (public health);

Etienne Rouleau (pharmacy student); Lucien Roulet

(pharmacovigilance); Chloé Rousselière (hospital pharmacy);

Christian Roux (rheumatology); Florence Savary (hospital pharmacy);

Pierre Schulz (psychiatry); Franck Semah (neurology);

Raphaël Serreau (pharmacology); Catherine Soulat (gynaecology);

Bruno Varet (haematology); Laurent Verceuil (neurology);

Thierry Vial (pharmacology); Jean-Luc Vidal (general practice);

Daniel Wirthner (gynecology-obstetrics - Switzerland); Gérard Ziegler

(rheumatology)